

FOOD FOR LIFE

NUTRITION AND COOKING CLASSES

JOIN US IN THE KITCHEN

PCRM's Food for Life program is delighted to bring valuable, lifesaving nutrition information to the TriCities community.

Join Food for Life instructor Nancy Lyons, RN, in exploring how a diet rich in vegetables, fruits, grains, and legumes can enhance your health and support your wellness goals.

LEARN the latest nutrition information

ENJOY cooking demonstrations

TASTE healthy, delicious dishes

SHARE your experiences in a supportive group setting

Questions:

nancyl Lyons@charter.net

509-531-8901



Register:
509-376-3939
or
ahew@rl.gov



Tuesday August 21, 2012

How Foods Fight Diabetes

TIME 2 – 4 pm

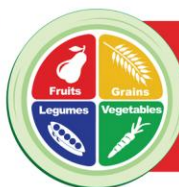
FREE to attend for employees and their spouses.

LOCATION

WSU-TriCities
CIC Room 120
Richland WA

The Food for Life program is a direct service nutrition education program of the Physicians Committee for Responsible Medicine. PCRM is a 501(c) 3 nonprofit that promotes preventive medicine, conducts clinical research, and encourages higher standards for ethics and effectiveness in research.

PCRM
Physicians Committee for
Responsible Medicine



FOOD FOR LIFE
Diabetes Initiative